



Serves: 4

Gochujang Drumlets

Ingredients

- Chicken drumlets 12
- Hot bean paste 1 tbsp
- Canola Olive Oil Spread 1 tbsp
- Spring onion, halved 2
- Lettuce 4 leaves
- Coriander leaves few pieces
- Salt ¼ tsp
- Pepper ¼ tsp

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Wash and pat dry chicken wing drumlets. Season with salt and pepper.
- Add spring onion and hot bean paste.
- Marinate and place in refrigerator for 30 minutes.
- Line the chicken drumlets in a baking dish and brush with canola olive oil spread.
- Bake chicken drumlets in a preheated oven at 175°C for 25–30 minutes.
- Once chicken drumlets are cooked, brush with spread again. Remove from oven.
- Garnish the chicken drumlets with coriander and lettuce and serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 215kcal
Protein 32.2g
Total fat (g and % of total calories)
8.1g (35.3%)
Saturated fat 2.0g
Cholesterol 118mg
Carbohydrate 1.3g
Dietary Fibre 0.2g
Sodium 364mg